

Squad Calendar 2025

Unley



January

Dive Clinic Friday 17 7:00pm–8:00pm

Super Swim Monday 20 6:00pm–7:00pm

February

SS Challenge Friday 7 7:00pm–8:30pm

Dive Clinic Friday 21 7:00pm–8:00pm

Super Swim Tuesday 25 6:00pm–7:00pm

March

Super Swim Wednesday 26 6:00pm–7:00pm

Dive Clinic Friday 28 7:00pm–8:00pm

April

SS Challenge Friday 11 7:00pm–8:30pm

Super Swim Thursday 24 6:00pm–7:00pm

May

Super Swim Friday 30 6:00pm–7:00pm

June

Distance Night Wednesday 11 6:00pm–7:00pm

SS Challenge Friday 13 7:00pm–8:30pm

Super Swim Monday 30 6:00pm–7:00pm

July

Super Swim Tuesday 29 6:00pm–7:00pm

August

Super Swim Wednesday 27 6:00pm–7:00pm

SS Challenge Friday 29 7:00pm–8:30pm

September

Dive Clinic Friday 19 7:00pm–8:00pm

Super Swim Thursday 25 6:00pm–7:00pm

October

SS Challenge Friday 17 7:00pm–8:30pm

Dive Clinic Friday 24 7:00pm–8:00pm

Super Swim Friday 31 6:00pm–7:00pm

November

Super Swim Monday 24 6:00pm–7:00pm

Dive Clinic Friday 28 7:00pm–8:00pm

December

Distance Night Monday 1 6:00pm–7:00pm

Super Swim Tuesday 16 6:00pm–7:00pm



Congratulations on being promoted to the State Swim Squad Program!

Now that your swimmer has been promoted to our Squad Program, we'd like to share with you some of the differences that you may notice from our Learn To Swim program. Our coaches are always positioned on the pool edge, rather than being in the water. This gives them a better view of the swimmers, as we also use multiple lanes. Swimmers are introduced to more advanced stroke techniques and distances, use of the pace clock and carnival preparation.

Cycles and Promotions

Our squad coaches follow teaching cycles to ensure that all skills are taught evenly (teaching cycles are displayed on the squad notice board). Promotions are considered by our coaches at the end of each month. Should you have a query about the progress of your swimmer, please do not hesitate in speaking with one of our coaches but please do so at the completion of the session.

Super Swims

Super Swims are a fantastic opportunity for your swimmer to race against the clock, attempting to improve their personal best (PB) times for all strokes on a monthly basis. Super Swims are held during our regular coaching sessions (bookings are required for these events) — please check your calendar for upcoming dates.

Times are recorded for each swimmer when they swim a PB. Your swimmer will receive a timecard after completing each swim. When a swimmer achieves the following milestones, they are presented with an award at the next Super Swim event:

10 PB's	Bronze Medal
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20 PB's	Silver Medal
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30 PB's	Gold Medal
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50 PB's	Trophy
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100 PB's	Trophy
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Swimmer of the Month

Our coaches nominate a swimmer after each session for the 'Swimmer of the Month' award. The criteria includes effort, consistency in attendance, behaviour and performance. Votes are tallied at the end of each month with the swimmer with the most votes receiving the award. This award (which includes a trophy, cap, goggles and water bottle) is given out at the Super Swim event.

Dive Clinics

We conduct a series of dive clinics throughout the year. These clinics are available to swimmers from Dolphin level upwards. When swimmers progress into the squad program, it becomes more important for them to develop their diving skills as they will need these skills when competing in our yearly carnivals.

Carnivals

State Swim conducts 2 carnivals annually. These carnivals encourage swimmers to participate in races, but in a supportive and friendly environment. Our number one priority is that the swimmers have lots of fun and enjoy the experience.

Equipment

Swimmers will require the following equipment when they join the squad program and must bring their equipment with them to every session. All items are available for purchase in our swim-shop and we suggest storing them in a mesh swim-bag.

Squad Bronze	Squad Silver	Squad Gold
Flippers	Flippers	Flippers
Goggles	Goggles	Goggles
Drink Bottle	Drink Bottle	Drink Bottle
	Pull Buoy	Pull Buoy
		Hand Paddles

